

I HAVE DIABETES

If I am acting strangely or cannot be awakened, my blood sugar may be low.  
If I can swallow, give me 4 to 6 ounces of sweet- ened soft drink, fruit juice or other sugar source.  
It I do not recover within 1 0 to 1 5 minutes, repeat the above. Call a doctor or send me to a hospital. If I cannot be awakened or cannot swallow, do not try to give me anything by mouth. Call a doctor and send me to a hospital right away.  
If I have a MedicAlert bracelet or necklace, call collect for my medical file at 209-634-491 7.

Name:

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Doctor: \_\_\_\_\_ ( \_\_\_\_\_

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Foot Doctor:

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Eye Doctor:

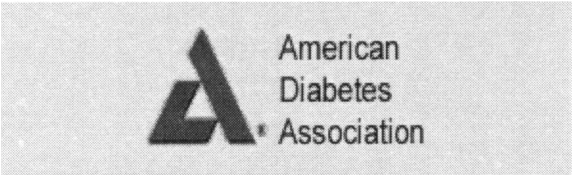
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Dentist:

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This Diabetes Health Record is based on the Clinical Practice Guidelines of the American  
- - [];abates Associat.@on ard was 910PE)d by the-  
Nevada Diabetes Council. A complete copy of  
the Basic Guidelines can be obtained by calling:

American Diabetes Association  
(800) 828-8293



Discuss these issues regularly with your health care provider to improve your diabetes management skills:

- \* Smoking Counseling
- \* Medications
- \* Nutrition Therapy
- \* Activity
- \* Weight Management
- \* Complications
- \* Aspirin Therapy
- \* Hypoglycemia (low sugar)
- \* Hyperglycemia (high sugar)
- \* Sick Day Rules
- \* Psychosocial Issues
- \* Pre-pregnancy Counseling
- \* Pregnancy Management
- RA Physical

